WHAT IS CLAIMED IS:

1. A method of attaching a hair-thickening hair material comprising:

an own-hair insertion step for inserting own hairs into a hair-thickening hair material fixture from one end thereof, said fixture being mainly composed of a rubber or a resin, formed in a tube form, and can shrink by heating;

a hair material insertion step for inserting a hair-thickening hair material into a hair-thickening hair material fixture from the other end thereof; and

a heating step, succeeding to said own-hair insertion step and said hair material insertion step, for heating said hair-thickening hair material fixture to thereby allow it to shrink,

wherein said hair-thickening fixture has an adhesive layer which comprises a thermoplastic resin, formed on the inner circumferential surface thereof.

2. The method of attaching a hair-thickening hair material as claimed in Claim 1, wherein said inner circumferential surface of said hair-thickening hair material fixture has formed thereon a large number of piles individually having a hooked end.

3. The method of attaching a hair-thickening hair material as claimed in Claim 1 or 2, wherein said hair-thickening hair material is configured so that a plurality of hair-thickening hairs are bundled at one end using an adhesive.

4. The method of attaching a hair-thickening hair material as claimed in any one of Claims 1 to 3, wherein said inner circumferential surface of said hair-thickening hair material fixture comprises a portion having said piles formed therein, and a portion having said adhesive layer which comprises a thermoplastic resin formed therein.

5. A hair-thickening hair material fixture mainly composed of a rubber or a resin, formed in a tube form, capable of shrinking by heating, having a space through which own hairs and a hair-thickening hair material can be inserted, and having on the inner

circumferential surface thereof an adhesive layer composed of a thermoplastic resin.

6. The hair-thickening hair material fixture as claimed in Claim 5, having on the inner circumferential surface thereof a large number of piles which rise up from said inner circumferential surface towards the center direction, and individually having a hooked end.

7. The hair-thickening hair material fixture as claimed in Claim 6, wherein said inner circumferential surface comprises a portion having said piles formed therein and a portion having said adhesive layer which comprises a thermoplastic resin formed therein.

8. The hair-thickening hair material fixture as claimed in Claim 6 or 7, wherein said piles are formed so as to extend from one end to the other end of said inner circumferential surface.